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The Friday Letter

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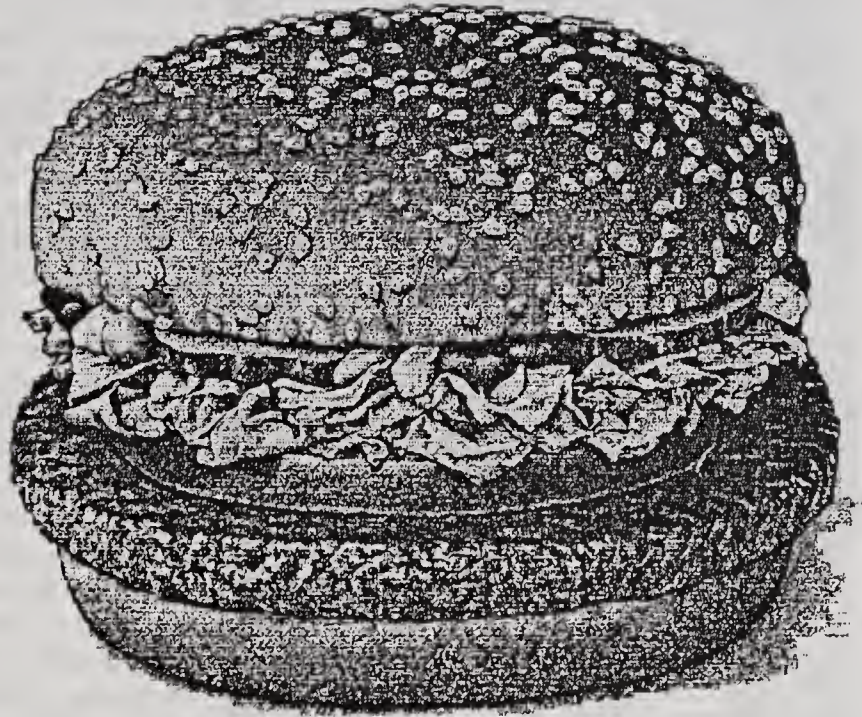
Students Taste Low-Fat Burgers

A joint elementary and middle school in Columbia, Maryland, offered the new oat-bran low-fat hamburgers to its students April 16, in a taste test viewed by state and federal officials as well as local media. This is the second taste test since the pilot schools received the shipments in early April, and they seemed to have gone over well with the students. One middle schooler even approached Deputy Administrator Robert Washington, hoping to "tell someone in charge" that he "loved those burgers."

Children did not know ahead of time that they would be eating a new-fangled burger. Each of the 250 children who did was given a survey form and asked to rate the burger on taste, texture, and appearance. They were also asked if they would like to have this product served at their school in the future.

The new hamburgers are offered under a pilot project to test the acceptability of low-fat beef in schools. Part of on-going fat-reduction efforts for school lunches, the pilot involves three companies contracted by the USDA to produce hamburgers with only 10 percent fat, instead of the usual 22 percent. Three of the test types have a filler added: oat bran; carageenan, a seaweed derivative; or a soy product. One patty is simply made from a leaner cut of beef.

The taste tests in both Memphis and Columbia have drawn wide media coverage, including ABC and CBS. Good Morning America has contacted MARO Public Affairs for more information, and has expressed an interest in attending an April 23 test in the Baltimore area. If the sampling continues as it has, the USDA plans to offer at least one low-fat beef patty in the upcoming school year. Which patty to offer will be based on student acceptance, production capabilities, and cost.



Why Add Anything?

The role of fat in meat is an important one: the lacing of fat in muscle, known as marbling, is what makes meats tender. Therefore, the less fat there is in a cut of meat, the tougher it will be.

The hamburger used in most lunch programs, ground chuck, comes from the shoulder meat, and is well marbled. The pure-beef test patty simply comes from a leaner cut than the chuck, called ground round. The round is near the hip and is a denser, tougher meat than the shoulder cuts. It is also generally more expensive.

There are two reasons to add fillers: the first is that they substitute meat mass in the burger with a low-fat item, decreasing the total percentage from fat. The second is that they can take on the marbling role of the fat, making the meat more tender.

So Long Jerry!

by Frank Gatchell



Jerry Boling, at his retirement reception, squeezing into his Marines uniform.

An era truly passed today. Jerry Boling retired after 28 years with the civilian side of Uncle Sam and several years as a Marine. He held almost all the jobs in FNS. He was the deputy director and then the director (equivalent to the deputy administrator) of the Child Nutrition Programs, director of the Information Division, regional administrator of two regions, deputy administrator for regional operations, deputy administrator in charge of picnics, and finally director of the Budget Division. Outside FNS, Jerry also served as the clerk for the Appropriations Subcommittee and deputy director of the Budget Division of AMS. In addition, he did innumerable other jobs that needed to be done that no one else could do. His wide-ranging knowledge, good judgement and hard work will be nearly impossible to replace. What we will miss most, however, is his warm-hearted guidance and integrity. These cannot be replaced.

from the editor

During the past two weeks, a lot of issues have come up concerning the National School Lunch Program, and child nutrition in general. You'll find some summaries of those issues in this edition of the Friday Letter, along with stories on Women's History Month, and the latest California disaster.

This is the last Friday Letter issue that I will be working on alone. For the next issue, Darlene will be back in Headquarters, where she has been greatly missed, and we'll be working on it together. From now on, send your articles to Darlene Barnes, or to the Friday Letter cc:mail box. It's been fun!

...k

Jerry's Lament

*"Time and Tide Wait for No Man"
and certainly not for me
so now, my friends, I'm outa here
for time has set me free*

*I worked for Food and Nutrition
with billions there to spend
we crafted mighty regulations
trying hard not to offend*

*We took no risky chances
in the conduct of our work
we always toted pros and cons
like some green eye shade clerk*

*"A penny saved is a penny earned"
for us a foreign thought
doing good with more our goal
when food from farms is bought*

*"Still water runs deep" they say
we were a babbling brook
laughing down a declined plane
without a second look*

*"A stitch in time, saves nine"
the prudent looks ahead
we loved to push the needle
but forgot to pull the thread*

*I came to do good and did well
found comfort in my realm
except when every year or so
brought changes at the helm*

*"They also serve who stand in wait"
and wait I've done my share.
We made no decision before its time
while I pulled out my hair.*

*And now my friends I take my leave
with thanks for all you've meant
the work was often straight from hell
but the people were heaven sent.*

*Anon 4/18/91 - read by Jerry Boling at his
retirement reception April 18.*

My dear Co-Workers and Friends --

Thank you all for your outpouring of support during this difficult time for me. The cards expressing sympathy regarding the loss of Terita and Teresa are still coming in, and are a constant source of comfort.

I am overwhelmed by your generous contributions to the fund set up in the Agriculture Federal Credit Union, and for your continued support and encouragement.

God bless each and every one of you for these acts of kindness.

Sincerely,

Renee Brown

NERO'S Patti McGrath Sets Personal Record in Boston Marathon

by Martin Boner, NERO Public Affairs

On April 15, NERO Food Program Specialist Patti McGrath finished the 95th annual Boston Marathon, setting a new personal record of three hours, 48 minutes and 21 seconds. This is the third year in a row that Patti has finished the race, but the first time in less than four hours. Patti's intense training regimen over the last few months saw her through the grueling 26 1/3 mile race and beyond: At 8 a.m. the next day she was off to Albany, NY to attend a food stamp error reduction meeting.



Patti McGrath (right), NERO Food Program Specialist, is congratulated by NERO Administrator Harry McLean for her outstanding efforts as NERO's Combined Federal Campaign Coordinator. Patti and her crack team of canvassers ran a colorful and effective campaign, which CFC recognized with an excellence award for exceeding the office's goal.

Western Region Works to Thaw California Freeze

by Dee Amaden

It may not be an earthquake, a flood or a hurricane, but the freeze that chilled California last December has had long-lasting and disastrous effects for many residents of the agricultural production areas of the Central Valley.

The Western Region has been dealing with those effects since the President declared 33 Central Valley counties disaster areas on February 11. In Tulare County,

"In Tulare County ... officials estimate that 20,000 people have lost their jobs."

where the economy revolves around citrus crops, state officials estimate that 20,000 people have lost their jobs. In the 33 county disaster area, the state estimates that at least 100,000 new recipient households have applied for food assistance.

Although WRO Food Stamp Program staff had been in close communication with the state to monitor food stamp caseload increases since the freeze occurred, State Program Officer Joyce Phillips went to the area as soon as possible after the President signed the disaster declaration. Phillips was meeting with top county officials well into the night to determine how the Food Stamp Program could be of help. Of great concern has been the issue of immigration status for many of those out of work because of the freeze. Many, according to local officials, are aliens who have applied for amnesty status or are undocumented.

"Because of the complexity of the alien situation in Tulare County, we felt that more assistance could be provided through commodity distribution than through food stamps,"

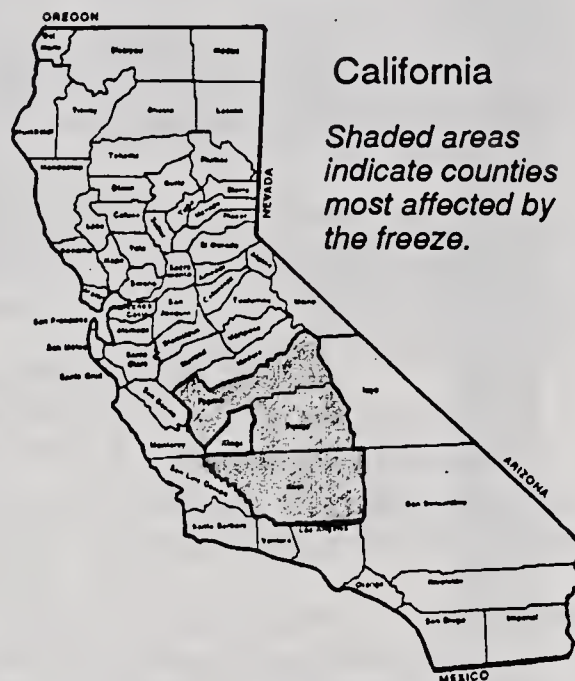
says Phillips. Local officials confirmed that caseload increases for food stamps had been handled by eligibility workers volunteering to work overtime and by shifting staff to offices that were having higher application rates. However, it was believed that many stayed away from the offices because of fears over their alien status.

Phillips met with food bank officials the next day to begin determining their needs for additional foods, and worked with regional office staff to get the first load of additional food, two truck loads of peanut butter, into the food bank the next day. While in the county, Phillips also met with the Community Services Employment and Training (CSET) staff to ensure that they and the food bank officials would help publicize that more food was available, as previous supplies had

"...at least 100,000 new recipient households have applied for food assistance."

been depleted. Acting Food Stamp Program Director Dave Bailey credits Phillips' work with local officials for diffusing pressure to implement an emergency Food Stamp Program and for maintaining good relations with the county and local groups.

Efforts continue to be concentrated on determining the need for additional commodities and directing those commodities to the most heavily impacted counties, Tulare, Kern and Fresno. Bob Kragh, acting Western Region food distribution director, has also made a trip into the area, and several to



Sacramento to work with state staff to facilitate the shipment of food. Kragh was able to move excess supplies from the soup kitchen program, administered by a separate state agency, to the TEFAP agency for distribution to affected households. More recently, he and his staff have moved two truck loads of infant formula into the region from the San Francisco Commodity Supplemental Food Program (CSFP), and from the Orange County CSFP, which is gearing up to open next month.

To date, FNS has provided over 2 million pounds of canned corn and pork, rice, pinto and pink beans, dried lentils, green beans, apple sauce, apple juice and peanut butter, valued at over \$1 million, in addition to the infant formula.

The formula was requested to meet the immediate needs of those affected by the freeze. To meet more long-term needs of mothers infants and small children, the WRO WIC staff has worked with the California WIC Program to allocate additional WIC slots to the affected counties. Tulare County WIC staff estimate that it may take up to two months to certify the 1,700 participants who will be able to come into the program as a

MWRO Hosts Disaster Preparedness Conference

*by Jim Logan, FSP Assistant Section Chief
photo by FSP Section Chief Dave Witt.*



Judy Seymour explains new disaster regulations.

The Midwest Regional Office and the Indiana Department of Public Welfare co-hosted a disaster preparedness conference, on March 27 and 28, 1991, in Indianapolis, Indiana. The conference was attended by approximately 50 persons, representing State and county officials from all six Midwest Region states, the American Red Cross, and FNS National, Regional and Field office personnel.

Experiences in dealing with disasters firsthand were shared by the three midwest states which were hit by devastating floods and tornadoes during the summer of 1990. A presentation by the American Red Cross dealt with the potentially devastating earthquake that is being predicted along the New Madrid fault, which could affect states in three regions. The presentations by Judy Seymour and Paul Jones, Program Development Division, on the revised disaster regulations and application, were much appreciated and quite helpful to the attending states which are currently developing new disaster guidelines in order to conform to FNS requirements.

Regional Administrator Monroe Woods presented Certificates of Appreciation to the State, county and Federal personnel who were most instrumental in coordinating food stamp emergency assistance during the disasters that struck the Midwest Region in 1990.

Most attendees reported that the conference was very beneficial in preparing them for any eventual disaster.

California freeze, continued.



result of the reallocation. Additional slots have also been allocated for Kern and Fresno counties, and the State says that more slots can be made available if needed.

Also looking toward continued assistance to the area is the California Summer Food Service Program for Children (SFSP), administered by the regional office. The WRO Child Nutrition staff has been working hard to increase participation through increasing the number of sponsor statewide this summer. They are now giving special attention to those areas affected by the freeze, and have received applications from 12 sponsors to date (sponsors can submit applications up until June 15). The staff has also been working with an advocacy group, California Rural Legal Assistance, to do outreach in the area, and with California State Assembly staff, who are following up on WRO outreach efforts to further encourage sponsors from the area.

Public Affairs Director Dick Montoya, the Western Region's disaster expert, has also been to the affected

area to meet with local officials, state assembly representatives staffs, and county and food bank staff. Montoya has also gone to Sacramento to meet with staff of the California Office of Emergency Services, the Federal Emergency Management Agency (FEMA), the Governor's Office, and staffs of Congressmen Calvin Dooley (D), Robert Matsui (D), Vic Fazio (D) and Senator John Seymour (R). He briefed public officials on FNS assistance efforts at a meeting in Fresno April 22, and will be sharing this information, along with Deputy Regional Administrator Allen Ng, to the California State Assembly April 25.

"This is my first opportunity to work on a major disaster assistance effort since joining FNS," says Regional Administrator Sharon Levinson. "We've had to pull together all available resources to determine what's really needed and to do our best to get that to the people in need, working closely with our state agencies. It's a big job, but I've been impressed by the concern and professionalism of the WRO staff in doing the job."

Women's History Month Activities

NERO CELEBRATES WOMEN'S HISTORY MONTH WITH SUBSTANCE AND STYLE

by Martin Boner, NERO PAO

From homelessness to history to music to motivation, all the way through a college education, the NERO Federal Women's Program saw to it that the Northeast Region celebrated Women's History Month with a wide variety of entertainment and information. On March 8, the well-known folksinger Patty Larkin performed in the auditorium of the O'Neill Federal Building in honor of International Women's Day.

NERO employees also took advantage of a National Park Service walking tour of Boston's Women's History Trail. The tour covered the significant contributions and strides of women in the Massachusetts Bay area.

The NERO Federal Women's Program also sponsored "The Perils and Potentials of Returning to School," presented by NERO's own Dr. Peter Manning; a speaker from the Pine Street Inn, New England's largest homeless shelter; and a day-long seminar entitled "Self-Esteem and Peak Performance."

"I'm really pleased with the events, and the results of Women's History Month this year," said March Ferris, NERO's FWP Manager. "We really tried to get some interesting guests and to go beyond a passive recognition of the month. We wanted people to remember Women's History Month as a time when they learned a great deal."

In early April, recognizing that the FWP Committee had done an outstanding job, NERO Regional Administrator Harry McLean presented each member with a certificate of appreciation.



Carol Copeland Thomas of Career Tracks, Inc., gave NERO employees tools for building self-esteem and peak performance in their everyday lives. The presentation drew 49 NERO employees.

National Office

by Donna Hines

FNS staff at Park Office Center had several opportunities to participate in Women's History Month activities during March. This year's theme was "Nurturing Tradition, Fostering Change," and the Federal Women's Program (FWP) Committee sponsored two movies that were considered to be representative of this concept: "Norma Rae" and "Harriet Tubman."

FNS Administrator Betty Jo Nelsen agreed to give the keynote address for Women's History Month, focusing her remarks on the same theme. After expressing her preference for conversations over addresses, Ms. Nelsen went on to share some of her own personal experiences in the Wisconsin Legislature, where it was not always easy to retain the positive aspects of what are traditionally female characteristics. Sometimes, said Ms. Nelsen, people are too busy nurturing tradition to make room for fostering change. She went on to discuss, in an open forum with the audience, the importance of change as an opportunity to improve. Change shouldn't be frightening if we look at it in the proper perspective.

Perhaps the most telling point of Ms. Nelsen's remarks was not so much what she said on March 25 as how she said it. Very few Agency Administrators have taken the time to instigate a participatory process when asked to give a speech. This is the kind of change we can happily do our part to foster!

MWRO

by Nancy Weyl, MWRO Federal Women's Program Manager

The MWRO's celebration of Women's History Month included a presentation by Food Stamp Program Section Chief Gilda Karu on the Women's Health Equity Act, which was introduced in February 1991. The Act hopes to improve the underrepresentation of women in medical research, increase women-related outreach services and educate women on prevention of various diseases. Other Women's History Month events included biographies on the computer bulletin board about women who, throughout history, nurtured tradition and fostered change.

Women's History Month in MARO

by Kim Jabat

This year's Women's History Month theme, "Nurturing Tradition, Fostering Change," was reflected in guest speaker Janice Newman's presentation at MARO. Newman, the women's services coordinator for the New Jersey Division on Women and a successful New Jersey attorney, spoke to MARO staff about changes during the past century in the laws affecting women.

Newman said she has been using some of the same examples of discrimination for the past 20 years and hopes she won't be using them in the future.

"We must prepare ourselves for the next century, building on the laws we have, and not be complacent with the status quo," says Newman.

The FWP committee also sponsored Timothy Searles, from GSA's law enforcement branch, to address the office on personal, home and travel safety. Searles gave a lively presentation with several demonstrations, including an electronic dog in a box.

The MARO field offices also participated in Women's History Month activities by attending seminars, lectures, and poetry readings dedicated to women. Both the regional office and field offices alike displayed posters, books and a quiz of women's "famous first" facts.



Timothy Searles of GSA demonstrates the latest in home security products - an electronic dog in a box, which barks more ferociously the nearer a person gets to it.

MPRO

by Joanne Widner

Mountain Plains FNS staff and their GAO neighbors combined their observation of Women's History Month in March with a series of events planned by FNS FWP Manager Irene Wise and her committee--Sally Soja, Darlene Mensing, Sandy Marshall, Karen Knoll, Sharon Bevan, and Diane Novak. Refreshments were served at a kickoff celebration in the GAO conference room on March 4, with briefings on the achievements of outstanding women in history. The following week, Lt. Vickie Foss spoke about the role of women in Operation Desert Storm in context with other conflicts in our country's history.

Gale Town of the Coors Speakers Bureau addressed "A Woman's Place--The World" on March 18, and a brown-bag session on March 21 featured Barbara Maes, EEO specialist at the Colorado Health Sciences Center. On March 26, Anna Hancock of the Colorado Coalition for Homeless Women and Children spoke about the increasing proportion of women and children who are homeless in our society.

Congressman Dan Schaefer, Republican Representative from Colorado's sixth district, spoke on March 27. A question-and-answer session and reception followed. Women's History Month events wound up in style on March 29 with speaker Linda Scherrer from the Colorado Women's Hall of Fame, closing remarks by GAO's David Hanna, and a delicious potluck luncheon for FNS, GAO and Social Security employees in the building.

May is National Fitness Month!

MAY 1991						
1 Kick-off Day 11:30a.m.-1:00p.m. On the Plaza Speakers/Hosts/Bellman Prizes/Fun & More	2 Softball Game (4:30 p.m.)	3 Volleyball Game (12:00 Noon) Juggling! 3000 Park Car. Drive	4	5 Softball Game (4:30 p.m.)	6 Softball Game (4:30 p.m.)	7 Volleyball Game (12:00 Noon-3000 P. Car. Dr.) 1) "Speaker"-Tugboat 2) "Speaker"-Tugboat 3) "Speaker"-Tugboat 4) "Speaker"-Tugboat 5) "Speaker"-Tugboat 6) "Speaker"-Tugboat 7) "Speaker"-Tugboat 8) "Speaker"-Tugboat 9) "Speaker"-Tugboat 10) "Speaker"-Tugboat 11) "Speaker"-Tugboat 12) "Speaker"-Tugboat 13) "Speaker"-Tugboat 14) "Speaker"-Tugboat 15) "Speaker"-Tugboat 16) "Speaker"-Tugboat 17) "Speaker"-Tugboat 18) "Speaker"-Tugboat 19) "Speaker"-Tugboat 20) "Speaker"-Tugboat 21) "Speaker"-Tugboat 22) "Speaker"-Tugboat 23) "Speaker"-Tugboat 24) "Speaker"-Tugboat 25) "Speaker"-Tugboat 26) "Speaker"-Tugboat 27) "Speaker"-Tugboat 28) "Speaker"-Tugboat 29) "Speaker"-Tugboat 30) "Speaker"-Tugboat 31) "Speaker"-Tugboat
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The headquarters kick-off for National Fitness Month will be May 1 at 11:30 am on the Plaza, with Boston Marathon Runner Gayle Barron as the keynote speaker. Barron will be featured in the Silver Anniversary edition of Runners' World magazine. The kick-off will include lots of events, music by an a cappella group called Ecoute, marshall arts and aerobics demonstrations, and fitness testing. All activities will take place on the Plaza between 11:30 and 1:00 -- there should be something for everyone, so come on down!!

Get ready for the other fitness month activities, too!

On May 8, Bobbie Hinman, author of several cookbooks including "Lean and Luscious," will show us how to prepare low-fat meals in the fourth floor conference room at 10:00. Also on May 8 will be a walk through Fairlington -- two miles with Anne Gariazzo. The walk will start in the Lobby at noon, and maps will be provided.

May 15 is National Fitness Day, and Headquarters has a lot planned. At 10:00, Carolyn Thomas, Health and Fitness director for the Coolfont Spa and Resort, will speak on "Fitness Do's and Don'ts" in the fourth floor conference room. She will also join Peggy Seneker in leading a walk to Jefferson Hospital at noon. Jefferson Hospital Volunteers will serve water and First Aid Hand-outs to all walkers. The hospital, which is behind all of Headquarter's wellness programs, has provided several of our speakers and many health tests free.

Relay Races will be the highlight of the day. Terry West and Maureen Flaherty will provide all the equipment for this FUN EVENT. Teams of six people will compete for prizes in events involving tires, basket balls, jump ropes, hula hoops, and more! So get your team together!!

Scott Clark, from the Center Club, will provide fitness testing on the Plaza during the lunch hour. The Health Unit will also offer Wellness Hand-outs.

May 21 is the 5K Race Day. Run or walk with leader Terry West. Maps will be provided. Get your Reeboks ready to go...

The Health Unit will sponsor a Blood Drive May 22 and 23, including a video on Blood Pressure, Diet and Exercise, all in the fourth floor conference room. See you there!!

On May 23, CNA will have a program on Cardiac Risk in their auditorium. Call Maureen Flaherty at 824-2896 for more info.

From the Health Unit...

In your excitement over National Fitness Month, don't forget the activities the Health Unit has planned for the end of April! There will be a workshop on ERGONOMICS April 23 and April 24. Learn how to modify your work space to PREVENT back and wrist pain, eye strain, and more. The instructors are from the Anderson Clinic, National Orthopedic Hospital, so this is their specialty. If you work at a desk or computer most of the day, please attend. Also, bring any questions on ORTHOPEDIC problems with you. Join us in the fourth floor conference room at 10:00.

Also, don't forget the Health Risk Analysis April 25, with the film on stress, proper diet and exercise. We will be giving out three self-help books and a short questionnaire will be taken, so bring your numbers on Age, Weight, Height, Blood Pressure, HDL LDL, and cholesterol, if you have them. Results of your health risk analysis will be returned to you personally. Sign up asap with Nurse Perkey.

School Lunch in a Different Light

by Kristen Bole

The film shows an immaculate school, with huge, sparkling kitchens. Children in white uniforms carry food from the kitchen to serve others, who sit calmly at small tables. They put cloths on the tables, flowers in the center, a soothing cassette in the tape recorder. Visitors translate for us: when children are given responsibility, they can appreciate their meals better.

No, this isn't a scene from a futuristic movie -- it's a video on Japan's school lunch program, which two representatives of the Japanese Embassy visited the National Office April 17 to explain. Between a video on the program and

"From our parents' generation, we have always been told that we got school lunch from the United States."

discussions of current funding levels and procedures, the visitors portrayed a system similar in some ways to our own -- in other ways, very different.

The Japanese school lunch program began in 1889, when an elementary school started feeding needy children. At first, the program was considered merely as a relief measure, but by 1932, the state was subsidizing the program to serve nearly 600,000 students.

After World War II, the United States began providing commodities for Japanese school lunches to help children suffering from the economic hardships and food shortages of the post-war era. The program supplied milk and a



Representatives from the Japanese Embassy visited Headquarters to explain Japan's school lunch program (l to r): Toshio Kudo, Japanese Department of Education; Kevin Dando, ASFSA; Shinichiro Horie, Japanese Embassy; Pat Bayer, ASFSA; Stan Garnett, SNP; Dick Thaxton, OGAPI; Ann Jennings, ASFSA; Sam Bauer, CNP; Andy Markham, Japanese Embassy.

side dish, and children brought rice from home to supplement it. It was then that the program spread throughout Japan, becoming integrated as part of elementary education.

"From our parents' generation," said Shinichiro Horie, the Japanese Embassy's first secretary, "we have always been told that we got school lunch from the United States."

In the 1950s, the program was taken over by the Japanese Administration of Education and the Administration of Agriculture. Today, the Japanese government pays about 7 percent of the total cost of the school lunch program, which is offered in 98 percent of the elementary schools and most secondary schools. Some of this funds facilities and start-up equipment, some goes to subsidizing meals for low-income students, and some goes towards staples such as rice and milk. In Japan, where the average school lunch costs about \$1.40, only 5 percent of the students pay a reduced price for lunch. In the United States, nearly 50 percent of the students receive meals free or at a reduced price.

Different Goals

While stressing the importance of nutrition and balanced meals, the goal of Japan's school lunch program goes beyond feeding its 12 million participants. The program also includes nutrition education and teaches dining etiquette, how to set a table and the proper use of both chopsticks and Western utensils. The utensils reveal the emphasis on an Oriental/Occidental balance; half the

"Pupils learn the spirit of independence, labor and service through... the school lunch."

meals are served with rice, in the traditional Japanese manner, and half offer bread, with Western fare.

Unlike most school lunch programs in the United States, many children in Japan eat with their teachers. This, Mr. Horie said, allows schools to continue educating children in manners at

Continued, page 12

SERO NAMES NEW PERSONNEL DIRECTOR

by Steve Watson, SERO PAO

After searching for nearly a year, SERO has named John Butler to fill the position of SERO Personnel Director.

In introducing Butler to the SERO management team, RA Virgil Conrad said, "Finding the right person to become SERO's Personnel Director took a lot longer than any of us anticipated. However, I felt that, because of the impact this position has on the day-to-day operations of the regional office and the careers of our employees, we shouldn't fill it until we found someone with management experience and a service oriented attitude. John Butler meets these qualifications."



Butler came on duty February 25, and he's been living up to Conrad's introduction from day one. "It's my personal philosophy that management, personnel and employees should work together as a team to improve the quality of SERO's work environment," he said. "But, much of the responsibility for creating an open, trusting environment rests with the personnel office."

One of Butler's first actions as personnel officer was to establish an "open door" policy. "From the time we get to work in the morning to the time we get off at night, the door is open," he said. "If employees can't come to Personnel at any time with questions or problems, then we don't need to be here as far as I'm concerned."

Butler said he believes Personnel exists to serve employees. "I see myself and my staff as a resource available to every employee in SERO....from mail clerk to regional administrator," he said.

A native of Augusta, Ga., Butler earned his bachelor's degree in history and political science from Augusta College. He also received a master's degree in public administration from the University of Rhode Island, Kingston, and has done work on his Ph.D. Prior to beginning his federal career in 1974 with the Department of Veterans Affairs (DVA), Butler served four years with the U.S. Navy.

Butler's personnel background isn't limited to academia. He brings to SERO six years of experience he gained while working in all phases of personnel administration with the DVA. He also has nearly a dozen years experience in various administrative positions with that agency.

"I'm delighted to be with FNS," he said. "I have seen nothing but an attitude of helpfulness, cooperation and a willingness to work with me and my staff. So, while I don't want to sound like a Pollyanna, I see nothing but good things down the road."

Butler and his wife, Penny, have two children, Alison, 17, and Brent, 13.

To the editor:

I was very interested in reading of the editor's "swap" for the month of April. Recently we have had several regional people detailed for a week or a month to our Division, and I've found a real boost in the level of understanding as each of us becomes aware of the responsibilities and problems attached to our respective offices. It would be great if others could accomplish a similar swap, even if it were for a shorter period of time. I realize, however, due to family and other responsibilities, not everyone could manage such an exchange. Would it be possible for the Friday Letter to offer some space for a clearinghouse for the names of people interested in swapping offices?

Marion Hinners Food Branch Food Distribution Division

Editor's response: The idea sounds great -- Darlene and I will check into it. ...k

Condolences

Dan Tierney passed away April 17, following a long illness. Dan had been a member of the Western Region Food Stamp Program staff since 1985. During his career in both the federal and Kentucky state governments, Dan became an acknowledged expert in automated state welfare systems. His expertise, dedication, and sharp wit will be missed.

The funeral was held Saturday, April 20 in Dan's hometown of Louisville, Kentucky. Sympathy cards can be sent to Dan's mother:

Adele Tierney
2852 West Market Street
Louisville, Kentucky 40212

Media Highlights

USDA Dietary Guidelines in the News

The USDA Dietary Guidelines have been making the news lately on many levels, and FNS has been involved in both the National Office and the regions. Below are the three main issues:

-The Human Nutrition Information Service, the USDA agency that develops the dietary guidelines, has developed an "Eating Right Pyramid" as a new visual interpretation. The old diagram was developed about 40 years ago, during a time when health officials were concerned that Americans were not getting enough protein. The guidelines were then represented by either a wheel or a group of four equal-sized squares, indicating that a healthy diet consisted of foods from each of the four food groups: meats; dairy products and eggs; fruits and vegetables; cereals and grains. The new "Eating Right" version is a pyramid, with grains and cereals at the broad base, fruits and vegetables on the next level, meat and dairy products in a narrow band near the top, and fats and oils at the top. HNIS hopes to use the pyramid to demonstrate that a healthy diet should have grains as its base, and should consist of less meat and dairy products.

-The National Heart, Lung and Blood Institute recommended April 9 that children watch both their cholesterol and fat levels. The institute's guidelines call for children to limit saturated fatty acids to 10 percent of total calories, and total fat to 30 percent, which is consistent with both the dietary guidelines and the FNS guidelines for school lunches. The guidelines do not apply to children aged two or less, who need more fat than older children to thrive. According to an Associated Press article, the average child now gets about 14 percent of his or her calories from saturated fat, and 35 percent from

all fats. Information on this report is available from the National Blood Cholesterol Education Program Information Center, 4733 Bethesda Ave., Suite 530, Bethesda, MD, 20814.

-A group of physicians, called Physicians for Responsible Medicine, held a press conference April 8, saying that meat and dairy products should be dropped entirely from the USDA's Daily Food Guide in order to reduce fat, cholesterol and excess proteins that "are causing a number of diseases."

HHS to Unite Children's Programs

The Department of Health and Human Services (HHS) announced April 15 that it is consolidating children's programs under one agency. The new agency, Administration for Children and Families, will administer programs previously divided between the Family Support Administration (FSA) and the Office of Human Development Services (OHDS). It will also take over the Maternal Child Health block grant, now under the Public Health Service. The consolidation means that almost all child assistance programs be together, including Aid for Families with Dependent Children (AFDC), Head Start, child abuse programs, and Developmental Disabilities.

Consumers Question Peanut Costs

by Wini Scheffler

Peanut butter in school lunches became a sticky issue last week after consumer groups called for a temporary lifting of import restrictions to lower peanut prices.

The decision to substitute cheese for peanut butter in food assistance programs was announced last December, when drought drove peanut prices up while cheese prices were falling. According to Betty Jo Nelsen, the substitution was made in order to provide the best nutritional value for our money.

The flurry of press queries followed a press conference by Consumer Alert Advocate Fund and Consumers for World Trade. FNS provided these figures on peanut and cheese purchases:

	1990	1991
	(million pounds)	
Peanut Butter	14.2	6.2
Other peanut products	3.5	1.9
Cheese	14.8	37.5

Not to worry, though, the spreadable staple of kid nutrition will be back on the menu if the price is right, and USDA will be evaluating this year's peanut crop by late summer.

Attention Fredericksburg-Stafford Commuters!

Quicks Bus Service offers commuter vans to Park Center/ Skyline/ Baileys Cross Roads

Avoid Traffic/Save Gas/Ride and Relax in Comfort.

Compressed or Regular Work Hours, 7:00 to 4:30.

Call QUICKS: 703-373-6027

Sign up your team for Fitness Month!

WRO Group to Run Bay to Breakers

Several members of the Western Regional Office will be doing their part for National Fitness Month by participating as a team in the annual "Bay to Breakers" run, in San Francisco May 19. The seven mile run, which is sponsored by the San Francisco Examiner newspaper, begins near the Embarcadero and winds its way to Ocean Beach. Normally, it draws as wild a crowd as it does runners. Other members of the WRO will help out the effort by bringing a picnic at the end.

Correction:

Ron Johnson was mistitled in the last issue of the Friday Letter. Although he often sits in NTEU President Ed Euell's chair, he does not hold that position.

Way to Go, Joe!!

by Francesca Bravo

Joe Leo, FNS Management Council representative, walked four miles April 10 in a walk-a-thon for the new USDA child development center. The USDA Management Council members organized the walk from Haines Point to the South Building to raise money for the center, which will open May 13 in the Auditors Building.

The Federal Women's Program sponsored Joe Leo to walk for FNS. Kay Ghahremani and Francesca Bravo, who both work in the Supplemental Food Programs Division, and Darlene Bryant, Management, helped to collect money and promote the event.

The walk raised a total of \$300. Joe, Kay, Francesca and Eunice Bowman of the Federal Women's Program presented the money attached to a teddy bear to Walk-A-Thon Chairperson William Perrelli III, of the USDA's Office of General Council. A special thanks to all FNS employees who contributed!

La Petite Academy, the second largest child care provider in the country, will operate the Center for 88 children from the ages of 6 weeks to 5 years. A modified-Montessori program will be offered to encourage child development. This means that the Center will provide learning experiences for USDA children; Center activities and developmental materials will help the children develop both as individuals and citizens.

All USDA employees, including those who "work out in the suburbs" like those of us at FNS, are eligible to enroll their children in the Center. All employees were advised of the April 22 deadline to enroll. A lottery will be held April 25 to select the children.



Joe Leo starts out the walk-a-thon in grand style.

School Lunch in Japan

continued from page 9.

the table. These "educational effects" of school lunch appear to play an important role in Japan's program, as spelled out in a brochure Mr. Horie handed out at the meeting:

- [School lunch] gives an opportunity for the teachers and pupils to deepen their friendly relationship with each other through eating together, which is one of the most fundamental activities for human beings, and this will make their school life more enjoyable.
- Pupils learn the spirit of independence, labor and service through the cooperation required at the time of preparing and clearing up the school lunch.
- Pupils acquire right understanding of nourishment and diet through the tangible food.
- Pupils acquire right understanding of their daily meals and desirable eating habits through practice.

Far from being simply a means of feeding kids, the Japanese lunch has evolved into a program to nourish minds and guide social conduct.

Coming Up!

April

- 23 Hearing: House Select Committee on Hunger.
- 25 Health Risk Analysis. Film on stress, exercise and diet. 6th fl. training rm, HQ, 10 a.m.
- 26-28 W.VA. School Food Service Assoc. Meeting.
- 29-3 ROAP: Responsibilities & Payment System Meeting HQ.
- 29-3 FNS Public Affairs Directors Meeting. HQ.

May

- 1 Kickoff for National Fitness Month. HQ.
- 1-3 W.VA. Assoc. of School Business Officials meeting
- 7-10 FDPIR Program Directors Meeting.
- 22-23 HQ Blood Drive. Set up appointment with Nurse Perkey.
- 28 Asian History Month speaker: Asst. Secretary William Houston, Dep't of the Interior, Agency for Territorial & Internat'l Affairs. 10:30, 4th fl. conf. rm, HQ.

National NETP Meeting in Memphis Tennessee

by SERO and HQ staff

"Meeting the Nutritional Needs of Children in the 1990's," was the theme for the National NET Coordinators' Conference, April 2-4, in Memphis, Tennessee. Hosted by the Food and Nutrition Service's Southeast Regional Office, NET Coordinators from about 40 States gathered for an update on USDA nutrition programs, policies and initiatives, and to exchange information about their State programs.

The NET Coordinators heard addresses by Betty Jo Nelsen, Administrator, Food

and Nutrition Service, Sue Ann Ritchko, Administrator, Human Nutrition Information Service and Robert E. Washington, Deputy Administrator, Special Nutrition Programs, FNS.

Other Keynote speakers included Anne B. Gennings, President, American School Food Service Association, and Dr. Jeannette Phillips, Interim Director, National Food Service Management Institute.

Three FNS Regional Administrators, the Director of the Nutrition and Technical Services Division, and several Child Nutrition Direc-

tors, along with Regional Office NET Program Contact persons took part in the meeting.

Workshops were held on topics ranging from how States are working to implement the new dietary guidelines into their Child Nutrition Programs, to what the new FDA/FSIS food labeling regulations mean for meal providers.

This national conference, the first in over three years, was informative and educational. Many State NET Coordinators expressed the wish to get together every other year.

Friday Letter Vacancy Listing by Vacancy Number

JOB TITLE	AREA OF CONSID.	SERIES	GRADE	CLOSING	VACANCY NUMBER	OFFICE LOCATION
Contract Specialist	(A-LCA)	GS-1102	5/7	04/29/91	91-59	ASD
Food Program Officer	(A)	GS-0120	14	05/06/91	91-65	SFPD
Language Interpreter.Spec	(A)	GS-1001	7/9	05/06/91	91-70*	PED
Program Analyst	(A)	GS-0343	9/11	05/06/91	91-71	OAE
Program Analyst	(A)	GS-0343	12/13	05/06/91	91-72	OAE
Food Program Specialist	(A-LCA)	GS-0120	5	04/29/91	91-73	PAD
Food Program Specialist	(A-LCA)	GS-0120	5/7	04/29/91	91-74	PAD
Accounting Technician	(A-LCA)	GS-0525	5	04/29/91	91-75	ACD
Food Program Specialist	(A-LCA)	GS-0120	12	05/20/91	91-76**	PAD
Food Program Specialist	(FNS-HQ)	GS-0120	12	05/20/91	91-76A**	PAD
Management Analyst	(A-LCA)	GS/GM-0343	12/13	05/06/91	91-77***	PED
Food Program Specialist	(FNS-HQ)	GS-0120	12	05/06/91	91-78*****	FDD
Food Program Specialist	(A-LCA)	GS-0120	12	05/06/91	91-78A****	FDD
Food Program Specialist	(A)	GM-0120	13	05/06/91	91-78B****	FDD
Food Program Specialist	(FNS-HQ)	GS-0120	12	05/06/91	91-79	FDD
Food Program Specialist	(A-LCA)	GS-0120	12	05/06/91	91-79A	FDD
Secretary (Typing)	(A-LCA)	GS-0318	3/4/5	05/13/91	91-80	FDD
Food Program Specialist	(FNS-HQ)	GS-0120	12	05/13/91	91-81	PDD
Food Program Specialist	(A-LCA)	GS-0120	12	05/13/91	91-81A	PDD
Secretary (Typing)	(A-LCA)	GS-0318	4/5	05/13/91	91-82	CND
Nutritionist	(A)	GS-0630	11/12	04/29/91	91-H-13	HNIS
Chief, Food Consp.Research Br.	(A)	GM-0493	14	05/06/91	91-H-17	HNIS
Director Nutr. Monitoring Div.	(A)	GM-0401	15	05/06/91	91-H-18	HNIS
Nutritionist	(A)	GS-0630	9/11	05/20/91	91-H-20	HNIS
Nutritionist	(A)	GS-0630	11/12	05/06/91	91-H-21	HNIS
Math Statistician	(A)	GS-1529	9/11/12	05/06/91	91-H-22	HNIS
Nutritionist	(A)	GS-0630	11/12	05/20/91	91-H-23	HNIS
(Part-time 32 hrs per wk)						
Nutritionist or	(A)	GS-0630/				
Home Economist		GS-0493	9/11/12	05/20/91	91-H-24****	HNIS
Nutritionist or	(A)	GS-0630/				
Home Economist		GS-0493	7/9	05/20/91	91-H-25****	HNIS
Nutritionist or	(A)	GS-0630/				
Home Economist		GS-0493	12/13	05/20/91	91-H-26****	HNIS

AREA OF CONSIDERATION

- (A) - All Sources
- (A-LCA) . . - All Sources, Local Commuting Area
- (FNS-HQ) . . - FNS Headquarters Wide
- (FNS-W) . . - Food and Nutrition Service-Nationwide
- (HNIS-W) . . - Human Nutrition Info. Service - Wide

OFFICE LOCATION

- ACDAccounting Division
- BUDBudget Division
- CNDChild Nutrition Division
- NTSD . . .Nutrition and Technical Services Division
- PEDPersonnel Division
- HNISHuman Nutrition Information Service
- FDDFood Distribution Division
- PDDProgram Development Division
- ASDAdministrative Services Division
- OGAPI . . .Office of Gov. Affairs and Public Info.
- SFPDSupplemental Food Programs Division
- BRDBenefit Redemption Division
- PADProgram Accountability Division
- OAEOffice of Analysis & Evaluation

Kristen Bole, Editor
and Desktop Design
Pamela D. Faith, HQs Photography

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* Amends closing date and area of consideration, Temporary NTE 1 year, Part-time NTE 32 hours per week.

**More than one position may be filled.

***Relocation expenses will not be paid.

****Two positions

*****Only one position will be filled from 91-78, 91-78A and 91-78B.